



THIRD GRADE LESSON: Natural Versus Processed Foods SC STANDARD: 3.RI.7.1



It's your world.

NATURAL VERSUS PROCESSED FOODS

OBJECTIVES:

- Understand the difference between natural and processed foods
- Recognize how food processing changes foods
- Understand why natural foods are healthier

LET'S GET STARTED! (10 MINUTES):

- Explain the difference between natural and processed foods
- Distinguish between examples of natural and processed foods
- Discuss how foods are altered during processing
- Explain why natural foods are healthier

ACTIVITY (15 MINUTES):

- Use a Venn Diagram to compare and contrast natural and processed foods

WRAPPING UP (5 MINUTES):

- Remind students that processing changes foods and takes out a lot of the things that make them healthy
- Hand out Boss' Backpack Bulletin sheet and explain the weekly task

SC STANDARDS:

- 3.RI.7.1 Compare and contrast diverse texts on the same topic, idea, or concept.

MATERIALS:

- Natural and Processed Foods Venn Diagram
- Boss' Backpack Bulletin Handout

LET'S GET STARTED!

- This week, we are going to talk about natural and processed foods! Explain the difference between natural and processed foods. Distinguish between examples of natural and processed foods.

DIALOGUE BOX

- Today we are going to talk about natural and processed foods! Can anyone name a natural food? What about a processed food?
- A natural food is something that has not had anything added to it or taken from it. The food looks the way it does in nature. Things like fruits and vegetables are natural foods. An apple you eat looks the same as the apples growing on trees.
- A processed food is one that has been changed from its original form. It has ingredients added to it or taken out of it. Applesauce is a processed food because although it has apples in it, they have been changed from their natural form and have had other ingredients added to them to make applesauce. Things like apple pie, apple pop tarts, and apple juice are also processed foods; you don't find those things growing on trees!
- Tomatoes are a natural food, but can anyone think of how tomatoes can be processed into other things?
 - Tomato sauce, ketchup, and pasta sauce
- Strawberries are a natural food, but what are some processed foods strawberries can be changed into?
 - Strawberry jam, strawberry ice cream, strawberry fruit snacks, strawberry yogurt, strawberry Jell-O, etc.
- Discuss how processing foods drastically changes them and can make them less healthy. Explain about vitamin and mineral loss as well as added fats and sugars.
- Processing drastically changes food. Many vitamins and minerals are lost when foods are processed, and other unhealthy things like sugar and fats are added, which is why processed foods are usually not very healthy.
- Remember when we talked about whole grains? Whole wheat bread is healthier because it is less processed than white bread. Usually, the more processed a food is, the less healthy it is. Natural foods that are closest to the way they look in nature are the best choice!
- You don't want to eat too many fats and sugars because they are not healthy. Consuming processed foods often means consuming lots of unnecessary added fats and sugars.
- Natural foods have the most vitamins and minerals and are a great way to fuel your body with the things it needs to be healthy.

- Remind students about the Stick to Stickers lesson and how it applies to natural foods. Explain that boxed, canned, and packaged foods are mostly processed.

DIALOGUE BOX

- Remember when we talked about sticking to stickers? That means eating fresh fruits and vegetables. Those foods are natural foods. Other natural foods include eggs, milk, fish, and meat.
- Processed foods are normally found in boxes, bags, cans, and packages. Sometimes it can be confusing because things like eggs, milk, and even some fruits and vegetables come in packaging, but they are still natural foods.
- The best foods are those that have the least amount of packaging and the fewest ingredients. Eat foods that look like they do in nature.

ACTIVITY

- Distribute the Natural and Processed Food Venn Diagram Handout. Students will list natural and processed foods, as well as those that are packaged but are still natural.

DIALOGUE BOX

- Using the Venn Diagram, make a list of natural foods and a list of processed foods.
- See if you can think of any foods that fit in the middle. They would be natural foods, but may have been processed slightly, like being put into packages such as pre sliced apples or individually packaged nuts.
- Review the worksheet and discuss any questions students have.

WRAPPING UP

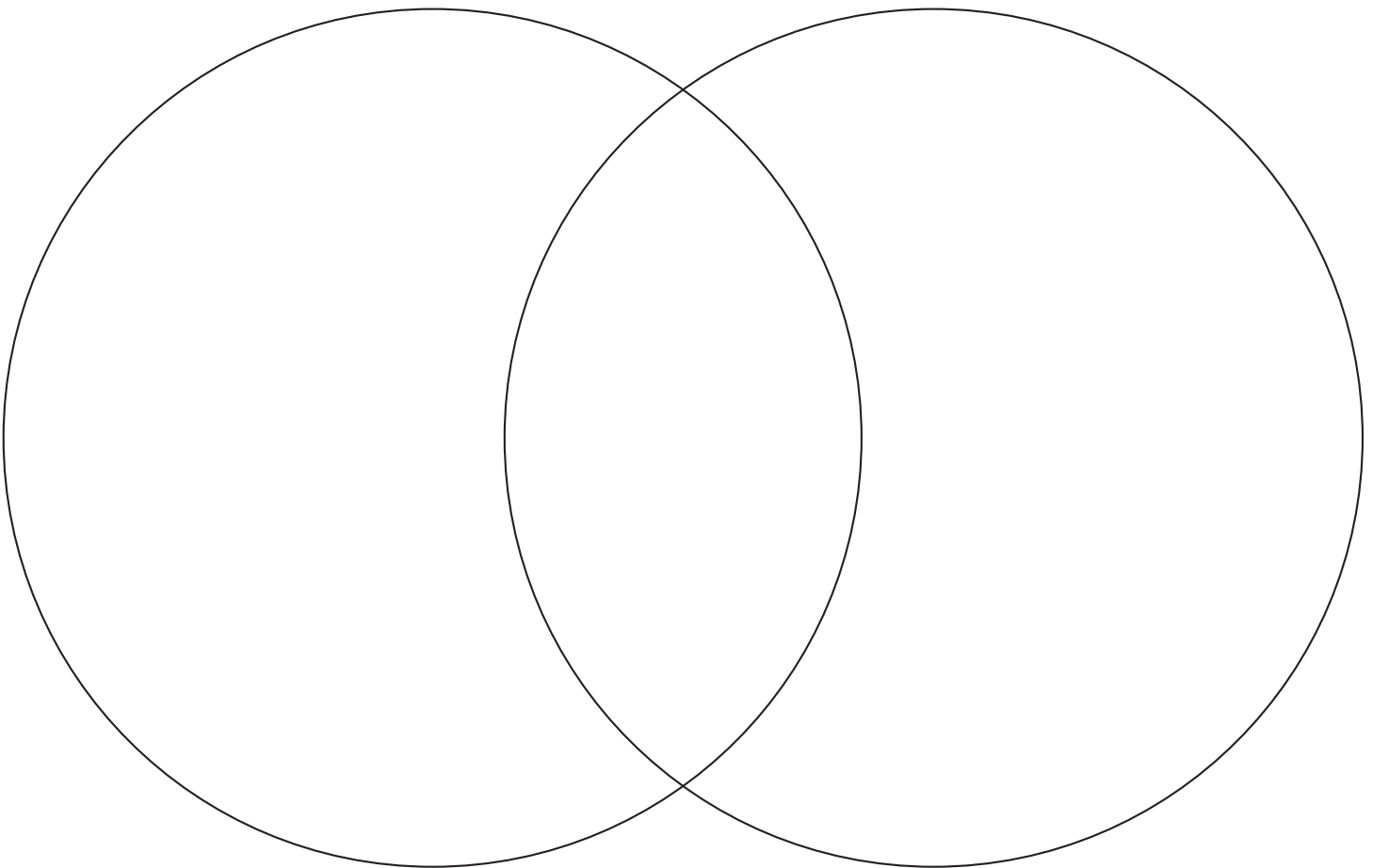
- Remind students to eat as many natural foods as they can and to try to reduce processed foods in their diet.
- Distribute the Boss' Backpack Bulletin with the weekly goal.

NATURAL AND PROCESSED FOOD VENN DIAGRAM

Use the Venn Diagram below to compare and contrast natural and processed foods.

NATURAL FOODS

PROCESSED FOODS



BOSS' BACKPACK BULLETIN

Your goal for this week is to pick out 6 foods that you ate this week, draw a picture of each food, and then write down the amount of carbs that are in that food! Remember, you can find the amount of carbs in a food on the food label!



NATURAL FOODS

- Apple
- Orange
- Corn
- Potato
- Milk
- Tomato

PROCESSED FOODS

- Applesauce, apple pie
- Orange juice
- Tortilla chips
- Potato chips
- Ice cream
- Spaghetti sauce

Natural foods you ate this week:
